



KATHMANDU DECLARATION THE "LIFE-CIRCLE" OF PREVENTION IN DIABETES



The Kathmandu Declaration builds on the foundations laid by the 2002 and 2006 Consensus on prevention of Diabetes and the United Nations Resolution 61/225 of 2006, which "encourages Member States to develop national policies for prevention, treatment and care of diabetes". The Kathmandu Declaration recognises the interaction of all aetiological factors, including genetic, pre- and post-natal environment, behavioural factors and psychological stress providing a framework and action plan on prevention and care of Diabetes throughout the "life-circle".



INCREASED AWARENESS

- Individuals, families, health professionals, policy makers
- Promote awareness that cost of complications is higher than the cost of prevention to individual, family, the community and society
 - Encourage government and non governmental action
 - Promote further research where necessary
 - Support a multi-sectorial approach; health, education, agriculture, physical (sports), mental and spiritual environment, etc...

- Support a multi-factorial and multidisciplinary approach to diabetes care
 - Combined strategy focused on good control of hyperglycaemia, cardiovascular risk factors and psychosocial stress, etc.
- Educate people with diabetes, their families, healthcare and associated professionals, society and community
- Support access to essential medicines as an integral part of basic care according to the STEPS approach
- Build on successful programmes to reduce complications
- Appropriate access to quality care: STEPS approach
 - Minimal care
 - Standard care
 - Comprehensive care

FORMULATION OF ACTION PLANS

- Provide governmental, non-governmental and other relevant organisations with specific regional and country guidelines for the development of community action plans inclusive of time frames giving due consideration to:
 - Best practice experiences
 - Ethnic, cultural and religious issues

CONCLUSIONS

- Declarations must be followed by actions
- Actions should be supported by evidence
- "Life-Circle" approach to prevention and care benefits people at all stages of life
- This declaration must lead to the development of local action plans to address specific issues and strengthen national health policy



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